

Multimedia Extensions, My Roadmap to the Future, My Success Roadmap

Grades: 7, 8, 9, 10, 11, 12

States: Georgia Standards

Subjects: Health and PE, Library / Technology, Science, Social Studies

Georgia Standards

Social Studies

Grade 7 - Adopted 2010 (CCSS)

STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Key Ideas and Details
ELEMENT	L6-8RH3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Craft and Structure
ELEMENT	L6-8RH5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Integration of Knowledge and Ideas
ELEMENT	L6-8RH7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Range of Reading and Level of Text Complexity
ELEMENT	LITCC6-8RHSS10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W6-8HST1.	Write arguments focused on discipline-specific content.
ELEMENT/GLE	W6-8HST1.c.	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W6-8HST1.d.	Establish and maintain a formal style. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W6-8HST1.e.	Provide a concluding statement or section that follows from and supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD /		Text Types and Purposes

DESCRIPTION		
ELEMENT	W6-8HST2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
ELEMENT/GLE	W6-8HST2.b.	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W6-8HST2.c.	Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W6-8HST2.d.	Use precise language and domain-specific vocabulary to inform about or explain the topic. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W6-8HST2.e.	Establish and maintain a formal style and objective tone. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W6-8HST2.f.	Provide a concluding statement or section that follows from and supports the information or explanation presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W6-	Writing Standards for Literacy in History/Social Studies

	8HST.	
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W6-8HST3.	(See note; not applicable as a separate requirement)
ELEMENT/GLE	W6-8HST3.a.	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Production and Distribution of Writing
ELEMENT	W6-8HST4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Research to Build and Present Knowledge
ELEMENT	W6-8HST7.	<p>Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ELEMENT	W6-8HST8.	<p>Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ELEMENT	W6-8HST9.	<p>Draw evidence from informational texts to support analysis reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Georgia Standards

Social Studies

Grade 8 - Adopted 2008 (GPS)

STRAND/TOPIC	GA.SS8.	Georgia Studies
STANDARD / DESCRIPTION	SS8CG.	Government/Civic Understandings
ELEMENT	SS8CG6.	The student will explain how the Georgia court system treats juvenile offenders.
ELEMENT/GLE	SS8CG6.a.	<p>Explain the difference between delinquent behavior and unruly behavior and the consequences of each</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.SS8.	Georgia Studies
STANDARD / DESCRIPTION	SS8E.	Economic Understandings
ELEMENT	SS8E5.	<p>The student will explain personal money management choices in terms of income, spending, credit, saving, and investing.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Key Ideas and Details
ELEMENT	L6-8RH3.	<p>Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered).</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Craft and Structure
ELEMENT	L6-8RH5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Integration of Knowledge and Ideas
ELEMENT	L6-8RH7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/TOPIC	GA.CC.L6-8RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Range of Reading and Level of Text Complexity
ELEMENT	LITCC6-8RHSS10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W6-8HST1.	Write arguments focused on discipline-specific content.
ELEMENT/GLE	W6-8HST1.c.	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W6-8HST1.d.	<p>Establish and maintain a formal style.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W6-8HST1.e.	<p>Provide a concluding statement or section that follows from and supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W6-8HST2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
ELEMENT/GLE	W6-8HST2.b.	<p>Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W6-8HST2.c.	<p>Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W6-	Use precise language and domain-specific vocabulary to inform about or explain the topic.

	8HST2.d.	<p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W6-8HST2.e.	<p>Establish and maintain a formal style and objective tone.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W6-8HST2.f.	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W6-8HST3.	(See note; not applicable as a separate requirement)
ELEMENT/GLE	W6-8HST3.a.	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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STANDARD / DESCRIPTION		Production and Distribution of Writing
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STRAND/TOPIC	GA.CC.W6-8HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Research to Build and Present Knowledge
ELEMENT	W6-8HST7.	Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W6-8HST8.	Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W6-8HST9.	Draw evidence from informational texts to support analysis reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Georgia Standards

Health and PE

Grade 7 - Adopted Health 2009 / PE 2008

STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE7.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
ELEMENT		Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Seventh grade students will describe patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan.

ELEMENT/GLE	HE7.1.a.	<p>Examine how healthy behaviors influence personal health.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE7.1.b.	<p>Summarize the interrelationship of emotional, social, and physical health in adolescence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE7.1.g.	<p>Determine the barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE7.2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
ELEMENT		Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Seventh grade students will compare how the family, peers, and culture influence personal and family health. Students will examine how the media influence thoughts, feelings, and health behaviors.

ELEMENT/GLE	HE7.2.a.	<p>Describe how family values and behaviors influence the health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE7.2.b.	<p>Discuss the influence of culture on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
ELEMENT/GLE	HE7.2.c.	<p>Describe how peers influence unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE7.2.d.	<p>Identify how the school can affect personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
ELEMENT/GLE	HE7.2.e.	<p>Examine how information from the media influences health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

ELEMENT/GLE	HE7.2.f.	Interpret the influence of technology on personal health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE7.2.g.	Indicate how the perceptions of norms influence healthy and unhealthy behaviors. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
ELEMENT/GLE	HE7.2.h.	Describe the influence of personal beliefs on health practices and behaviors. Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE7.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
ELEMENT		Description: Students will access valid health information and health-promoting products and services. Seventh grade students will differentiate services that promote healthy living within the school and community from unreliable sources of health services.
ELEMENT/GLE	HE7.3.a.	Examine the validity of health information, products, and services. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE7.3.b.	Access valid health information from home, school, and community. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap

		Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE7.3.c.	Determine the accessibility of products that enhance health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE7.3.e.	Locate valid health information from school and community. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE7.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ELEMENT		Description: Students will use effective communication skills to enhance personal, family, and community health. Seventh grade students will demonstrate verbal and nonverbal communication skills to improve or maintain healthy relationships.
ELEMENT/GLE	HE7.4.a.	Apply effective verbal and nonverbal communication skills to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
ELEMENT/GLE	HE7.4.d.	Demonstrate how to ask for assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE7.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ELEMENT		Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Seventh grade students will list the steps of the decision-making process which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and rationalize their

		choices to their peers.
ELEMENT/GLE	HE7.5.a.	Describe situations that can help or hinder making a healthy decision. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE7.5.b.	Examine whether a health-related situation requires the application of a thoughtful decision-making process. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE7.5.c.	Determine when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE7.5.g.	Examine the outcomes of a health-related decision. My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.HE.	Health Education Performance Standards

STANDARD / DESCRIPTION	HE7.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ELEMENT		Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Seventh grade students will apply the critical steps that should be used to achieve both short-term and long-term health goals. Students will demonstrate an understanding that circumstances may dictate a change in future health goals.
ELEMENT/GLE	HE7.6.a.	<p>Examine the effectiveness of personal health practices.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE7.6.b.	<p>Select a goal to improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE7.6.c.	<p>Demonstrate the skills necessary to achieve a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE7.6.d.	<p>Relate how personal health goals can vary with differing abilities and priorities.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE7.8.	Students will demonstrate the ability to advocate for personal, family, and community health.
ELEMENT		Description: Students will demonstrate the ability to advocate for personal, family, and community health. Seventh grade students will develop a wide variety of advocacy skills such as persuasiveness, collaboration, and communication techniques. Advocacy skills will help students promote healthy norms and behaviors.
ELEMENT/GLE	HE7.8.c.	<p>Work with others to advocate for healthy individuals and families.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD /	PE.3.	Participates regularly in physical activity.

DESCRIPTION		
ELEMENT	PE 7.3.	Students have an increased awareness of opportunities for activity leading to an increased enjoyment in voluntary participation. Understanding the connection between physical activity and wellness is enhanced. Students are motivated to identify resources in the community that facilitate attainment of individual lifestyle goals and personal choice behavior.
ELEMENT/GLE	PE 7.3.1.	Accumulates recommended amount of physical activity daily in and outside of the physical education setting on a regular basis. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.6.	Values physical activity for health, enjoyment, challenge, self expression, and/or social-interaction.
ELEMENT	PE 7.6.	Students recognize and appreciate the intrinsic values of developing higher physical skills as a means of promoting self-esteem and self-expression as well as physical health. Insecurities begin to vanish as self confidence is gained through participation in new challenging activities.
ELEMENT/GLE	PE 7.6.1.	Participates in health enhancing activities for personal challenge. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
ELEMENT/GLE	PE 7.6.2.	Willingly tries new activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Georgia Standards

Health and PE

Grade 8 - Adopted Health 2009 / PE 2008

STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.

ELEMENT		Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Eighth grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings.
ELEMENT/GLE	HE8.1.a.	<p>Analyze the relationship between healthy behaviors and personal health.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.1.b.	<p>Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE8.1.d.	<p>Describe how family history can affect personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE8.1.f.	<p>Explain how appropriate health care can promote personal health.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
ELEMENT/GLE	HE8.1.g.	<p>Describe the benefits of and barriers to practicing healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
ELEMENT		Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Eighth grade students will focus on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will draw conclusions on how the family, peers, culture, and media influence personal and family health. Eighth graders will review how policies and regulations influence health promotion and risk reduction.
ELEMENT/GLE	HE8.2.a.	<p>Examine how the family influences the health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE8.2.b.	<p>Describe the influence of culture on health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
ELEMENT/GLE	HE8.2.c.	Describe how peers influence healthy and unhealthy behaviors. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
ELEMENT/GLE	HE8.2.d.	Analyze how the school and community can affect personal health practices and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
ELEMENT/GLE	HE8.2.e.	Analyze how messages from media influence health behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE8.2.f.	Analyze the influence of technology on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE8.2.g.	Explain how the perceptions of norms influence healthy and unhealthy behaviors. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
ELEMENT/GLE	HE8.2.h.	Explain the influence of personal values and beliefs on individual health practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence

		<p>Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
ELEMENT		Description: Students will access valid health information and health-promoting products and services. Eighth grade students will analyze the validity of health information, health promoting products, and services to prevent and detect health problems.
ELEMENT/GLE	HE8.3.a.	<p>Analyze the validity of health information, products, and services.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE8.3.b.	<p>Access valid health information from home, school, and community</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE8.3.c.	<p>Determine the accessibility of products that enhance health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE8.3.e.	<p>Locate valid and reliable health products and services.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ELEMENT		Description: Students will use effective communication skills to enhance personal, family, and community health. Eighth grade students will demonstrate verbal and nonverbal skills in the appropriate manner to maintain healthy relationships. Students will distinguish how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.
ELEMENT/GLE	HE8.4.a.	Apply effective verbal and nonverbal communication skills to enhance health. <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
ELEMENT/GLE	HE8.4.d.	Demonstrate how to ask for assistance to enhance the health of self and others. <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ELEMENT		Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Eighth grade students will model the steps of the decision-making model and analyze the importance of seeking assistance before making a decision.
ELEMENT/GLE	HE8.5.a.	Identify health-related situations that might require a thoughtful decision. <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.5.b.	Analyze when assistance is needed in making a health-related decision.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
ELEMENT/GLE	HE8.5.c.	<p>List healthy options to a health-related issue or problem.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.5.e.	<p>Choose a healthy option when making a decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.5.f.	<p>Describe the outcomes of a health-related decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ELEMENT		Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Eighth grade students will utilize critical skills to achieve both short-term and long-term health goals and continue to aspire to maintain these goals in the future. Students should be prepared to modify goals when faced with changing abilities, priorities, and responsibilities.

ELEMENT/GLE	HE8.6.a.	<p>Compile and assess personal health practices.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.6.b.	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.6.c.	<p>Outline the strategies and skills necessary to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE8.6.d.	<p>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE8.8.	Students will demonstrate the ability to advocate for personal, family, and community health.
ELEMENT		Description: Students will demonstrate the ability to advocate for personal, family, and community health. Eighth grade students will develop important advocacy skills to create persuasive health enhancing messages to encourage others to adopt healthy behaviors.
ELEMENT/GLE	HE8.8.b.	<p>Apply strategies that will influence and support others to make positive health choices.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
ELEMENT/GLE	HE8.8.c.	<p>Work cooperatively to advocate for healthy individuals, families, and schools.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.3.	Participates regularly in physical activity.
ELEMENT	PE 8.3.	Students begin to take ownership in the importance of maintaining a healthy lifestyle. They make independent decisions about their physical activities that enhance their lifelong health. They meet healthy guidelines by participating regularly in moderate to vigorous physical activities both in school and outside of school settings.
ELEMENT/GLE	PE 8.3.1.	Participates daily for 60 minutes in physical activity of their choosing. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
ELEMENT/GLE	PE 8.3.2.	Identifies ways to increase levels of physical activity in daily routines. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
ELEMENT	PE 8.5.	Students make appropriate decisions to resolve conflicts among peers and to follow pertinent practices, rules, and procedures necessary for successful performance. They reflect on the role of rules, procedures, safe practices, ethical behavior, and positive social interaction in physical activity settings.
ELEMENT/GLE	PE 8.5.1.	Demonstrates the ability to resolve conflicts in a physical activity setting. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
ELEMENT	PE 8.6.	Students realize their personal interests and are encouraged to participate accordingly to maximize the benefits of physical activities. (They participate in physical activities for challenge, social interaction and group membership, as well as opportunities for continued personal growth in physical skills in their applied setting).

ELEMENT/GLE	PE 8.6.1.	Recognizes the role of sport, games, and dance in modern culture. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	PE 8.6.3.	Appreciates the aesthetic performance of self and others. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Georgia Standards

Social Studies

Grade 9 - Adopted 2008 (GPS)

STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEF.	Fundamental Economic Concepts
ELEMENT	SSEF6.	The student will explain how productivity, economic growth, and future standards of living are influenced by investment in factories, machinery, new technology, and the health, education, and training of people.
ELEMENT/GLE	SSEF6.c.	Give examples of how investment in education can lead to a higher standard of living. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEPF.	Personal Finance Economics
ELEMENT	SSEPF6.	The student will describe how the earnings of workers are determined in the marketplace.
ELEMENT/GLE	SSEPF6.a.	Identify skills that are required to be successful in the workplace. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap

		Unit 1: Destination Success - Lesson 03: Career Ideas
ELEMENT/GLE	SSEPF6.b.	<p>Explain the significance of investment in education, training, and skill development.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG21.	The student will describe the causes and effects of criminal activity.
ELEMENT	SSCG21.a.	<p>Examine the nature and causes of crimes.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
ELEMENT	SSCG21.b.	<p>Explain the effects criminal acts have on their intended victims.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
ELEMENT	SSCG21.c.	<p>Categorize different types of crimes.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
ELEMENT	SSCG21.d.	<p>Explain the different types of defenses used by perpetrators of crime.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG22.	The student will demonstrate knowledge of the criminal justice process.
ELEMENT	SSCG22.d.	<p>Examine the different types of sentences a convicted person can receive.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.SSP.	Psychology

STANDARD / DESCRIPTION	SSPBF.	Biological Foundations
ELEMENT	SSPBF3.	The student will discuss the components of stress.
ELEMENT/GLE	SSPBF3.a.	Categorize and explain the different physiological and psychological reactions to stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
ELEMENT/GLE	SSPBF3.b.	Identify strategies to deal with stress that promote health; include coping strategies and behavioral modification. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocC.	Culture and Social Structure
ELEMENT	SSSocC2.	Students will evaluate how cultures develop and evolve.
ELEMENT/GLE	SSSocC2.a.	Explain cultural change and diversity include ethnocentrism, cultural relevance, folk culture, pop culture, counterculture, subculture, and culture shock. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocSC.	Socialization and Social Control
ELEMENT	SSSocSC4.	Students will analyze the function of social institutions as agents of social control across differing societies and times.
ELEMENT/GLE	SSSocSC4.d.	Analyze the functions and inequalities of the criminal justice system in relationship to a society's construct of crime and punishment. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies

STANDARD / DESCRIPTION		Key Ideas and Details
ELEMENT	L9-10RH3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Craft and Structure
ELEMENT	L9-10RH5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Integration of Knowledge and Ideas
ELEMENT	L9-10RH7.	Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies

STANDARD / DESCRIPTION		Range of Reading and Level of Text Complexity
ELEMENT	L9-10RH10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W9-10HST1.	Write arguments focused on discipline-specific content.
ELEMENT/GLE	W9-10HST1.c.	Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W9-10HST1.d.	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W9-10HST1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes

ELEMENT	W9-10HST2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
ELEMENT/GLE	W9-10HST2.a.	<p>Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.b.	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.c.	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.d.	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.e.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W9-10HST2.f.	Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W9-10HST3.	(See note; not applicable as a separate requirement)
ELEMENT/GLE	W9-10HST3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Production and Distribution of Writing
ELEMENT	W9-10HST4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT	W9-10HST5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

		My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Research to Build and Present Knowledge
ELEMENT	W9-10HST7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W9-10HST8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W9-10HST9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Georgia Standards

Social Studies

Grade 10 - Adopted 2008 (GPS)

STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEF.	Fundamental Economic Concepts
ELEMENT	SSEF6.	The student will explain how productivity, economic growth, and future standards of living are influenced by investment in factories, machinery, new technology, and the health, education, and training of people.

ELEMENT/GLE	SSEF6.c.	Give examples of how investment in education can lead to a higher standard of living. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEPF.	Personal Finance Economics
ELEMENT	SSEPF6.	The student will describe how the earnings of workers are determined in the marketplace.
ELEMENT/GLE	SSEPF6.a.	Identify skills that are required to be successful in the workplace. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ELEMENT/GLE	SSEPF6.b.	Explain the significance of investment in education, training, and skill development. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG21.	The student will describe the causes and effects of criminal activity.
ELEMENT	SSCG21.a.	Examine the nature and causes of crimes. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
ELEMENT	SSCG21.b.	Explain the effects criminal acts have on their intended victims. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
ELEMENT	SSCG21.c.	Categorize different types of crimes.

		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
ELEMENT	SSCG21.d.	Explain the different types of defenses used by perpetrators of crime. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG22.	The student will demonstrate knowledge of the criminal justice process.
ELEMENT	SSCG22.d.	Examine the different types of sentences a convicted person can receive. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSP.	Psychology
STANDARD / DESCRIPTION	SSPBF.	Biological Foundations
ELEMENT	SSPBF3.	The student will discuss the components of stress.
ELEMENT/GLE	SSPBF3.a.	Categorize and explain the different physiological and psychological reactions to stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
ELEMENT/GLE	SSPBF3.b.	Identify strategies to deal with stress that promote health; include coping strategies and behavioral modification. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocC.	Culture and Social Structure
ELEMENT	SSSocC2.	Students will evaluate how cultures develop and evolve.
ELEMENT/GLE	SSSocC2.a.	Explain cultural change and diversity include ethnocentrism, cultural relevance, folk culture, pop culture, counterculture, subculture, and

		<p>culture shock.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocSC.	Socialization and Social Control
ELEMENT	SSSocSC4.	Students will analyze the function of social institutions as agents of social control across differing societies and times.
ELEMENT/GLE	SSSocSC4.d.	<p>Analyze the functions and inequalities of the criminal justice system in relationship to a society's construct of crime and punishment.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Key Ideas and Details
ELEMENT	L9-10RH3.	<p>Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Craft and Structure
ELEMENT	L9-10RH5.	<p>Analyze how a text uses structure to emphasize key points or advance an explanation or analysis</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Integration of Knowledge and Ideas
ELEMENT	L9-10RH7.	<p>Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND/TOPIC	GA.CC.L9-10RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Range of Reading and Level of Text Complexity
ELEMENT	L9-10RH10.	<p>By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W9-10HST1.	Write arguments focused on discipline-specific content.
ELEMENT/GLE	W9-10HST1.c.	<p>Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST1.d.	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST1.e.	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W9-10HST2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
ELEMENT/GLE	W9-10HST2.a.	<p>Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.b.	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.c.	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.d.	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.e.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W9-10HST2.f.	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W9-10HST3.	(See note; not applicable as a separate requirement)
ELEMENT/GLE	W9-10HST3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate

		<p>narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Production and Distribution of Writing
ELEMENT	W9-10HST4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT	W9-10HST5.	<p>Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W9-10HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Research to Build and Present Knowledge
ELEMENT	W9-10HST7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

ELEMENT	W9-10HST8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W9-10HST9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Georgia Standards

Social Studies

Grade 11 - Adopted 2008 (GPS)

STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEF.	Fundamental Economic Concepts
ELEMENT	SSEF6.	The student will explain how productivity, economic growth, and future standards of living are influenced by investment in factories, machinery, new technology, and the health, education, and training of people.
ELEMENT/GLE	SSEF6.c.	Give examples of how investment in education can lead to a higher standard of living. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEPF.	Personal Finance Economics
ELEMENT	SSEPF6.	The student will describe how the earnings of workers are determined in the marketplace.
ELEMENT/GLE	SSEPF6.a.	Identify skills that are required to be successful in the workplace.

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ELEMENT/GLE	SSEPF6.b.	<p>Explain the significance of investment in education, training, and skill development.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG21.	The student will describe the causes and effects of criminal activity.
ELEMENT	SSCG21.a.	<p>Examine the nature and causes of crimes.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
ELEMENT	SSCG21.b.	<p>Explain the effects criminal acts have on their intended victims.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
ELEMENT	SSCG21.c.	<p>Categorize different types of crimes.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
ELEMENT	SSCG21.d.	<p>Explain the different types of defenses used by perpetrators of crime.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG22.	The student will demonstrate knowledge of the criminal justice process.
ELEMENT	SSCG22.d.	<p>Examine the different types of sentences a convicted person can receive.</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSP.	Psychology
STANDARD / DESCRIPTION	SSPBF.	Biological Foundations
ELEMENT	SSPBF3.	The student will discuss the components of stress.
ELEMENT/GLE	SSPBF3.a.	Categorize and explain the different physiological and psychological reactions to stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
ELEMENT/GLE	SSPBF3.b.	Identify strategies to deal with stress that promote health; include coping strategies and behavioral modification. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocC.	Culture and Social Structure
ELEMENT	SSSocC2.	Students will evaluate how cultures develop and evolve.
ELEMENT/GLE	SSSocC2.a.	Explain cultural change and diversity include ethnocentrism, cultural relevance, folk culture, pop culture, counterculture, subculture, and culture shock. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocSC.	Socialization and Social Control
ELEMENT	SSSocSC4.	Students will analyze the function of social institutions as agents of social control across differing societies and times.
ELEMENT/GLE	SSSocSC4.d.	Analyze the functions and inequalities of the criminal justice system in relationship to a society's construct of crime and punishment. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

STRAND/TOPIC	GA.CC.L11-12RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Key Ideas and Details
ELEMENT	L11-12RH3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain. Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.L11-12RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Integration of Knowledge and Ideas
ELEMENT	L11-12RH7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND/TOPIC	GA.CC.L11-12RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Range of Reading and Level of Text Complexity
ELEMENT	L11-12RH10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W11-12HST1.	Write arguments focused on discipline-specific content.
ELEMENT/GLE	W11-12HST1.c.	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s)

		and counterclaims. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W11-12HST1.d.	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W11-12HST1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W11-12HST2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
ELEMENT/GLE	W11-12HST2.a.	Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W11-12HST2.b.	Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic. My Success Roadmap

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W11-12HST2.c.	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W11-12HST2.d.	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W11-12HST2.e.	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W11-12HST3.	(See note; not applicable as a separate requirement)
ELEMENT/GLE	W11-12HST3.a.	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Production and Distribution of Writing
ELEMENT	W11-12HST4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT	W11-12HST5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Research to Build and Present Knowledge
ELEMENT	W11-12HST7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W11-12HST8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ELEMENT	W11-12HST9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Georgia Standards

Social Studies

Grade 12 - Adopted 2008 (GPS)

STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEF.	Fundamental Economic Concepts
ELEMENT	SSEF6.	The student will explain how productivity, economic growth, and future standards of living are influenced by investment in factories, machinery, new technology, and the health, education, and training of people.
ELEMENT/GLE	SSEF6.c.	Give examples of how investment in education can lead to a higher standard of living. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND/TOPIC	GA.SSE.	Economics
STANDARD / DESCRIPTION	SSEPF.	Personal Finance Economics
ELEMENT	SSEPF6.	The student will describe how the earnings of workers are determined in the marketplace.
ELEMENT/GLE	SSEPF6.a.	Identify skills that are required to be successful in the workplace. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ELEMENT/GLE	SSEPF6.b.	Explain the significance of investment in education, training, and skill development.

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG21.	The student will describe the causes and effects of criminal activity.
ELEMENT	SSCG21.a.	Examine the nature and causes of crimes. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
ELEMENT	SSCG21.b.	Explain the effects criminal acts have on their intended victims. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
ELEMENT	SSCG21.c.	Categorize different types of crimes. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
ELEMENT	SSCG21.d.	Explain the different types of defenses used by perpetrators of crime. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSCG.	American Government/Civics
STANDARD / DESCRIPTION	SSCG22.	The student will demonstrate knowledge of the criminal justice process.
ELEMENT	SSCG22.d.	Examine the different types of sentences a convicted person can receive. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSP.	Psychology
STANDARD / DESCRIPTION	SSPBF.	Biological Foundations
ELEMENT	SSPBF3.	The student will discuss the components of stress.

ELEMENT/GLE	SSPBF3.a.	Categorize and explain the different physiological and psychological reactions to stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
ELEMENT/GLE	SSPBF3.b.	Identify strategies to deal with stress that promote health; include coping strategies and behavioral modification. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocC.	Culture and Social Structure
ELEMENT	SSSocC2.	Students will evaluate how cultures develop and evolve.
ELEMENT/GLE	SSSocC2.a.	Explain cultural change and diversity include ethnocentrism, cultural relevance, folk culture, pop culture, counterculture, subculture, and culture shock. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.SSSoc.	Sociology
STANDARD / DESCRIPTION	SSSocSC.	Socialization and Social Control
ELEMENT	SSSocSC4.	Students will analyze the function of social institutions as agents of social control across differing societies and times.
ELEMENT/GLE	SSSocSC4.d.	Analyze the functions and inequalities of the criminal justice system in relationship to a society's construct of crime and punishment. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND/TOPIC	GA.CC.L11-12RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Key Ideas and Details
ELEMENT	L11-12RH3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.

		<p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND/TOPIC	GA.CC.L11-12RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Integration of Knowledge and Ideas
ELEMENT	L11-12RH7.	<p>Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND/TOPIC	GA.CC.L11-12RH.	Reading Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Range of Reading and Level of Text Complexity
ELEMENT	L11-12RH10.	<p>By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W11-12HST1.	Write arguments focused on discipline-specific content.
ELEMENT/GLE	W11-12HST1.c.	<p>Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action</p>

		Planning
ELEMENT/GLE	W11-12HST1.d.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W11-12HST1.e.	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W11-12HST2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
ELEMENT/GLE	W11-12HST2.a.	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	W11-12HST2.b.	<p>Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W11-12HST2.c.	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W11-12HST2.d.	Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	W11-12HST2.e.	Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Text Types and Purposes
ELEMENT	W11-12HST3.	(See note; not applicable as a separate requirement)
ELEMENT/GLE	W11-12HST3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Production and Distribution of Writing
ELEMENT	W11-12HST4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT	W11-12HST5.	<p>Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.CC.W11-12HST.	Writing Standards for Literacy in History/Social Studies
STANDARD / DESCRIPTION		Research to Build and Present Knowledge
ELEMENT	W11-12HST7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ELEMENT	W11-12HST8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow</p>

		<p>of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ELEMENT	W11-12HST9.	<p>Draw evidence from informational texts to support analysis, reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Georgia Standards

Health and PE

Grade 9 - Adopted Health 2009 / PE 2008

STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
ELEMENT		<p>Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. High school students will demonstrate patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will describe the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings. Students will evaluate established health behavior theories and models.</p>
ELEMENT/GLE	HE H.S.1.a.	<p>Predict how health behaviors can affect health status.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.1.b.	<p>Describe the interrelationships of emotional, intellectual, physical, and social health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.g.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.h.	<p>Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
ELEMENT		Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. High school students will analyze a variety of positive and negative influences within society. Students will identify the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will analyze how policies and regulations influence health promotion and risk reduction.
ELEMENT/GLE	HE	Analyze how the family influences the health of individuals.

	H.S.2.a.	<p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.b.	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
ELEMENT/GLE	HE H.S.2.c.	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.d.	<p>Evaluate how the school and community can affect personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

ELEMENT/GLE	HE H.S.2.e.	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE H.S.2.f.	Evaluate the impact of technology on personal, family, and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE H.S.2.g.	Analyze how the perceptions of norms influence healthy and unhealthy behaviors. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
ELEMENT/GLE	HE H.S.2.h.	Analyze the influence of personal values and beliefs on individual health practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
ELEMENT		Description: The students will access valid health information and health-promoting products and services. High school students will critique the validity of health information, health promoting products, and services to prevent and detect health problems. Using critical thinking and analysis skills, high school students will be able to assess the validity of health information and products and services used in the prevention, early detection, and treatment of health problems.
ELEMENT/GLE	HE H.S.3.a.	Critique the validity of health information, products, and services

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE H.S.3.b.	<p>Investigate the accessibility of products and services that enhance health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE H.S.3.c.	<p>Utilize resources from school and community that provide valid health information.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ELEMENT		Description: The student will use effective communication skills to enhance personal, family, and community health. High school students will demonstrate effective verbal and nonverbal communication skills to develop and maintain healthy relationships. Students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict.
ELEMENT/GLE	HE H.S.4.a.	<p>Use skills for communicating effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
ELEMENT/GLE	HE H.S.4.c.	<p>Summarize how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ELEMENT		Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. High school students will apply comprehensive decision-making processes in a variety of situations to enable them to collaborate with others to improve their quality of lives now and in the future.
ELEMENT/GLE	HE H.S.5.a.	Determine the barriers to making a positive, healthy decision. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
ELEMENT/GLE	HE H.S.5.b.	Develop and apply a decision-making process to a health-related situation. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.5.c.	Justify when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.5.e.	Analyze the potential short-term and long-term impact of each decision on self and others. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.5.f.	Justify the health-enhancing choices when making decisions. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.5.g.	Compare and contrast the effectiveness of health-related decisions. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ELEMENT		Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. High school students will construct short-term and long-term health goals based on personal needs. In addition, they will design, implement, and evaluate critical steps to achieve these goals.
ELEMENT/GLE	HE H.S.6.a.	Evaluate personal health and health practices. My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

ELEMENT/GLE	HE H.S.6.b.	<p>Design a personal health plan that addresses personal strengths, needed improvements, and risky behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.c.	<p>Monitor personal progress in achieving short-term and long-term personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ELEMENT		Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk taking behaviors now and in the future.

ELEMENT/GLE	HE H.S.7.a.	<p>Demonstrate individual responsibility for improving personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.7.b.	<p>Choose a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.8.	Students will demonstrate the ability to advocate for personal, family, and community health.
ELEMENT		Description: The students will demonstrate the ability to advocate for personal, family, and community health by creating health enhancing messages and encourage others to adopt healthy behaviors. High school students will act as a health resource by communicating valid information about health issues. Students will demonstrate advocacy skills to encourage others to acquire health-enhancing behaviors.
ELEMENT/GLE	HE H.S.8.b.	<p>Model how to influence and support others to make positive health choices.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
ELEMENT/GLE	HE H.S.8.c.	<p>Coordinate with others to advocate for improving personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

ELEMENT/GLE	HE H.S.8.d.	Create health messages and communication techniques to target specific audiences. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.1.	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
ELEMENT	PE H.S.	Students in grades 9-12 will demonstrate the ability to participate in a variety of invasion, net/wall, field, target, individual, outdoor, fitness activities, rhythms, and dance. Students will demonstrate competence in at least one activity from two of three following categories: Category 1: invasion, net/wall, or field games; Category 2: target, dance/rhythm, or outdoor activities; Category 3: fitness or individual activity.
ELEMENT/GLE	PE H.S.1.2.	Performs skills, which at a level of competency, contributes to health related fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.4.	Achieves and maintains a health-enhancing level of physical fitness.
ELEMENT	PE H.S.4.	Students will assume individual responsibility in their personal behaviors. Students will understand and develop higher levels of basic fitness and physical competence needed in a variety of activities for school and non-school settings, including, home, workplace, and community. To maintain a healthy lifestyle, the student will demonstrate the ability to assess, evaluate, implement, and adjust a personal fitness plan that includes proper nutrition and a disease awareness that reflects ever-changing individual needs throughout life.
ELEMENT/GLE	PE H.S.4.1.	Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
ELEMENT/GLE	PE H.S.4.2.	Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity. My Success Roadmap

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	PE H.S.4.6.	Develops fitness goals that are gender, age, and skill appropriate. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
ELEMENT	PE H.S.5.	Students exhibit responsible personal and social behavior that respects self and others in physical activity settings, while understanding the role of sport and physical activity in a diverse society. Students are able to discern potentially hazardous situations.
ELEMENT/GLE	PE H.S.5.3.	Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
ELEMENT	PE H.S.6.	High school students enjoy using movement as an expression of their personality. They strive to improve and refine their skills through practice and participation in their selected activities. They experience feelings of satisfaction when they improve their level of performance and meet personal goals. As a result, students will begin to actively pursue lifelong physical activities that meet their own needs.
ELEMENT/GLE	PE H.S.6.2.	Participates in activities designed to improve skills for personal challenge, enjoyment, and expression. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Georgia Standards

Health and PE

Grade 10 - Adopted Health 2009 / PE 2008

STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.

ELEMENT		Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. High school students will demonstrate patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will describe the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings. Students will evaluate established health behavior theories and models.
ELEMENT/GLE	HE H.S.1.a.	<p>Predict how health behaviors can affect health status.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.1.b.	<p>Describe the interrelationships of emotional, intellectual, physical, and social health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.g.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.h.	<p>Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.</p>

		<p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
ELEMENT		Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. High school students will analyze a variety of positive and negative influences within society. Students will identify the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will analyze how policies and regulations influence health promotion and risk reduction.
ELEMENT/GLE	HE H.S.2.a.	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.b.	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

ELEMENT/GLE	HE H.S.2.c.	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.d.	<p>Evaluate how the school and community can affect personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.e.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
ELEMENT/GLE	HE H.S.2.f.	<p>Evaluate the impact of technology on personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
ELEMENT/GLE	HE H.S.2.g.	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
ELEMENT/GLE	HE H.S.2.h.	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future</p>

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
ELEMENT		Description: The students will access valid health information and health-promoting products and services. High school students will critique the validity of health information, health promoting products, and services to prevent and detect health problems. Using critical thinking and analysis skills, high school students will be able to assess the validity of health information and products and services used in the prevention, early detection, and treatment of health problems.
ELEMENT/GLE	HE H.S.3.a.	<p>Critique the validity of health information, products, and services</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE H.S.3.b.	<p>Investigate the accessibility of products and services that enhance health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
ELEMENT/GLE	HE H.S.3.c.	<p>Utilize resources from school and community that provide valid health information.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

ELEMENT		Description: The student will use effective communication skills to enhance personal, family, and community health. High school students will demonstrate effective verbal and nonverbal communication skills to develop and maintain healthy relationships. Students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict.
ELEMENT/GLE	HE H.S.4.a.	Use skills for communicating effectively with family, peers, and others to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
ELEMENT/GLE	HE H.S.4.c.	Summarize how to ask for and offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ELEMENT		Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. High school students will apply comprehensive decision-making processes in a variety of situations to enable them to collaborate with others to improve their quality of lives now and in the future.
ELEMENT/GLE	HE H.S.5.a.	Determine the barriers to making a positive, healthy decision. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
ELEMENT/GLE	HE H.S.5.b.	Develop and apply a decision-making process to a health-related situation. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.c.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.e.	<p>Analyze the potential short-term and long-term impact of each decision on self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.f.	<p>Justify the health-enhancing choices when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.g.	<p>Compare and contrast the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards

STANDARD / DESCRIPTION	HE H.S.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ELEMENT		Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. High school students will construct short-term and long-term health goals based on personal needs. In addition, they will design, implement, and evaluate critical steps to achieve these goals.
ELEMENT/GLE	HE H.S.6.a.	<p>Evaluate personal health and health practices.</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.b.	<p>Design a personal health plan that addresses personal strengths, needed improvements, and risky behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.c.	<p>Monitor personal progress in achieving short-term and long-term personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ELEMENT		Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk taking behaviors now and in the future.
ELEMENT/GLE	HE H.S.7.a.	<p>Demonstrate individual responsibility for improving personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.7.b.	<p>Choose a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards

STANDARD / DESCRIPTION	HE H.S.8.	Students will demonstrate the ability to advocate for personal, family, and community health.
ELEMENT		Description: The students will demonstrate the ability to advocate for personal, family, and community health by creating health enhancing messages and encourage others to adopt healthy behaviors. High school students will act as a health resource by communicating valid information about health issues. Students will demonstrate advocacy skills to encourage others to acquire health-enhancing behaviors.
ELEMENT/GLE	HE H.S.8.b.	Model how to influence and support others to make positive health choices. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	HE H.S.8.c.	Coordinate with others to advocate for improving personal, family, and community health. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	HE H.S.8.d.	Create health messages and communication techniques to target specific audiences. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.1.	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
ELEMENT	PE H.S.	Students in grades 9-12 will demonstrate the ability to participate in a variety of invasion, net/wall, field, target, individual, outdoor, fitness activities, rhythms, and dance. Students will demonstrate competence in at least one activity from two of three following categories: Category 1: invasion, net/wall, or field games; Category 2: target, dance/rhythm, or outdoor activities; Category 3: fitness or individual activity.
ELEMENT/GLE	PE H.S.1.2.	Performs skills, which at a level of competency, contributes to health related fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD /	PE.4.	Achieves and maintains a health-enhancing level of physical fitness.

DESCRIPTION		
ELEMENT	PE H.S.4.	Students will assume individual responsibility in their personal behaviors. Students will understand and develop higher levels of basic fitness and physical competence needed in a variety of activities for school and non-school settings, including, home, workplace, and community. To maintain a healthy lifestyle, the student will demonstrate the ability to assess, evaluate, implement, and adjust a personal fitness plan that includes proper nutrition and a disease awareness that reflects ever-changing individual needs throughout life.
ELEMENT/GLE	PE H.S.4.1.	Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
ELEMENT/GLE	PE H.S.4.2.	Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	PE H.S.4.6.	Develops fitness goals that are gender, age, and skill appropriate. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
ELEMENT	PE H.S.5.	Students exhibit responsible personal and social behavior that respects self and others in physical activity settings, while understanding the role of sport and physical activity in a diverse society. Students are able to discern potentially hazardous situations.
ELEMENT/GLE	PE H.S.5.3.	Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

ELEMENT	PE H.S.6.	High school students enjoy using movement as an expression of their personality. They strive to improve and refine their skills through practice and participation in their selected activities. They experience feelings of satisfaction when they improve their level of performance and meet personal goals. As a result, students will begin to actively pursue lifelong physical activities that meet their own needs.
ELEMENT/GLE	PE H.S.6.2.	Participates in activities designed to improve skills for personal challenge, enjoyment, and expression. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Georgia Standards

Health and PE

Grade 11 - Adopted Health 2009 / PE 2008

STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
ELEMENT		Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. High school students will demonstrate patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will describe the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings. Students will evaluate established health behavior theories and models.
ELEMENT/GLE	HE H.S.1.a.	Predict how health behaviors can affect health status. My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.1.b.	Describe the interrelationships of emotional, intellectual, physical, and social health. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.g.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.h.	<p>Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
ELEMENT		Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. High school students will analyze a variety of positive and negative influences within society. Students will identify the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will analyze how policies and regulations influence health promotion and risk reduction.
ELEMENT/GLE	HE H.S.2.a.	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>

		<p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.b.	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
ELEMENT/GLE	HE H.S.2.c.	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.d.	<p>Evaluate how the school and community can affect personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.e.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE H.S.2.f.	Evaluate the impact of technology on personal, family, and community health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
ELEMENT/GLE	HE H.S.2.g.	Analyze how the perceptions of norms influence healthy and unhealthy behaviors. My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
ELEMENT/GLE	HE H.S.2.h.	Analyze the influence of personal values and beliefs on individual health practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
ELEMENT		Description: The students will access valid health information and health-promoting products and services. High school students will critique the validity of health information, health promoting products, and services to prevent and detect health problems. Using critical thinking and analysis skills, high school students will be able to assess the validity of health information and products and services used in the prevention, early detection, and treatment of health problems.
ELEMENT/GLE	HE H.S.3.a.	Critique the validity of health information, products, and services My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap

		Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE H.S.3.b.	Investigate the accessibility of products and services that enhance health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE H.S.3.c.	Utilize resources from school and community that provide valid health information. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ELEMENT		Description: The student will use effective communication skills to enhance personal, family, and community health. High school students will demonstrate effective verbal and nonverbal communication skills to develop and maintain healthy relationships. Students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict.
ELEMENT/GLE	HE H.S.4.a.	Use skills for communicating effectively with family, peers, and others to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
ELEMENT/GLE	HE H.S.4.c.	Summarize how to ask for and offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD /	HE	Students will demonstrate the ability to use decision-making skills to enhance

DESCRIPTION	H.S.5.	health.
ELEMENT		Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. High school students will apply comprehensive decision-making processes in a variety of situations to enable them to collaborate with others to improve their quality of lives now and in the future.
ELEMENT/GLE	HE H.S.5.a.	Determine the barriers to making a positive, healthy decision. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
ELEMENT/GLE	HE H.S.5.b.	Develop and apply a decision-making process to a health-related situation. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.5.c.	Justify when individual or collaborative decision making is appropriate. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE H.S.5.e.	Analyze the potential short-term and long-term impact of each decision on self and others. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ELEMENT/GLE	HE	Justify the health-enhancing choices when making decisions.

	H.S.5.f.	<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.g.	<p>Compare and contrast the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ELEMENT		Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. High school students will construct short-term and long-term health goals based on personal needs. In addition, they will design, implement, and evaluate critical steps to achieve these goals.
ELEMENT/GLE	HE H.S.6.a.	<p>Evaluate personal health and health practices.</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.b.	<p>Design a personal health plan that addresses personal strengths, needed improvements, and risky behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.c.	<p>Monitor personal progress in achieving short-term and long-term personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ELEMENT		Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk taking behaviors now and in the future.
ELEMENT/GLE	HE H.S.7.a.	<p>Demonstrate individual responsibility for improving personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.7.b.	<p>Choose a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.8.	Students will demonstrate the ability to advocate for personal, family, and community health.
ELEMENT		Description: The students will demonstrate the ability to advocate for personal, family, and community health by creating health enhancing messages and encourage others to adopt healthy behaviors. High school students will act as a health resource by communicating valid information about health issues. Students will demonstrate advocacy skills to encourage others to acquire health-enhancing behaviors.
ELEMENT/GLE	HE H.S.8.b.	<p>Model how to influence and support others to make positive health choices.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
ELEMENT/GLE	HE H.S.8.c.	<p>Coordinate with others to advocate for improving personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
ELEMENT/GLE	HE H.S.8.d.	<p>Create health messages and communication techniques to target specific audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.1.	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
ELEMENT	PE H.S.	Students in grades 9-12 will demonstrate the ability to participate in a variety of invasion, net/wall, field, target, individual, outdoor, fitness activities, rhythms, and dance. Students will demonstrate competence in at least one activity from two of three following categories: Category 1: invasion, net/wall, or field games; Category 2: target, dance/rhythm, or outdoor activities; Category 3: fitness or individual activity.
ELEMENT/GLE	PE H.S.1.2.	Performs skills, which at a level of competency, contributes to health related fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.4.	Achieves and maintains a health-enhancing level of physical fitness.
ELEMENT	PE H.S.4.	Students will assume individual responsibility in their personal behaviors. Students will understand and develop higher levels of basic fitness and physical competence needed in a variety of activities for school and non-school settings, including, home, workplace, and community. To maintain a healthy lifestyle, the student will demonstrate the ability to assess, evaluate, implement, and adjust a personal fitness plan that includes proper nutrition and a disease awareness that reflects ever-changing individual needs throughout life.
ELEMENT/GLE	PE H.S.4.1.	Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
ELEMENT/GLE	PE H.S.4.2.	Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	PE H.S.4.6.	Develops fitness goals that are gender, age, and skill appropriate. Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
ELEMENT	PE H.S.5.	Students exhibit responsible personal and social behavior that respects self and others in physical activity settings, while understanding the role of sport and physical activity in a diverse society. Students are able to discern potentially hazardous situations.
ELEMENT/GLE	PE H.S.5.3.	Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
ELEMENT	PE H.S.6.	High school students enjoy using movement as an expression of their personality. They strive to improve and refine their skills through practice and participation in their selected activities. They experience feelings of satisfaction when they improve their level of performance and meet personal goals. As a result, students will begin to actively pursue lifelong physical activities that meet their own needs.
ELEMENT/GLE	PE H.S.6.2.	Participates in activities designed to improve skills for personal challenge, enjoyment, and expression. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Georgia Standards

Health and PE

Grade 12 - Adopted Health 2009 / PE 2008

STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
ELEMENT		Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. High school students will demonstrate patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will describe the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings. Students will evaluate established health behavior theories and models.

ELEMENT/GLE	HE H.S.1.a.	<p>Predict how health behaviors can affect health status.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.1.b.	<p>Describe the interrelationships of emotional, intellectual, physical, and social health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.g.	<p>Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.1.h.	<p>Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
ELEMENT		Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. High school students will analyze a variety of positive and negative influences within society. Students will identify the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will analyze how policies and regulations influence health promotion and risk reduction.
ELEMENT/GLE	HE H.S.2.a.	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.b.	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
ELEMENT/GLE	HE H.S.2.c.	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.d.	<p>Evaluate how the school and community can affect personal health practices and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
ELEMENT/GLE	HE H.S.2.e.	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
ELEMENT/GLE	HE H.S.2.f.	<p>Evaluate the impact of technology on personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
ELEMENT/GLE	HE H.S.2.g.	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
ELEMENT/GLE	HE H.S.2.h.	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.3.	Students will demonstrate the ability to access valid information and products and services to enhance health.
ELEMENT		Description: The students will access valid health information and health-promoting products and services. High school students will critique the validity of health information, health promoting products, and services to prevent and detect health problems. Using critical thinking and analysis skills, high school students will be able to assess the validity of health information and products and services used in the prevention, early detection, and treatment of health problems.
ELEMENT/GLE	HE H.S.3.a.	Critique the validity of health information, products, and services My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE H.S.3.b.	Investigate the accessibility of products and services that enhance health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
ELEMENT/GLE	HE H.S.3.c.	Utilize resources from school and community that provide valid health information. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
ELEMENT		Description: The student will use effective communication skills to enhance personal, family, and community health. High school students will demonstrate effective verbal and nonverbal communication skills to develop and maintain healthy relationships. Students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

ELEMENT/GLE	HE H.S.4.a.	Use skills for communicating effectively with family, peers, and others to enhance health. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
ELEMENT/GLE	HE H.S.4.c.	Summarize how to ask for and offer assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.5.	Students will demonstrate the ability to use decision-making skills to enhance health.
ELEMENT		Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. High school students will apply comprehensive decision-making processes in a variety of situations to enable them to collaborate with others to improve their quality of lives now and in the future.
ELEMENT/GLE	HE H.S.5.a.	Determine the barriers to making a positive, healthy decision. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
ELEMENT/GLE	HE H.S.5.b.	Develop and apply a decision-making process to a health-related situation. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

ELEMENT/GLE	HE H.S.5.c.	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.e.	<p>Analyze the potential short-term and long-term impact of each decision on self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.f.	<p>Justify the health-enhancing choices when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.5.g.	<p>Compare and contrast the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.6.	Students will demonstrate the ability to use goal-setting skills to enhance health.
ELEMENT		Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. High school students will construct short-term and long-term health

		goals based on personal needs. In addition, they will design, implement, and evaluate critical steps to achieve these goals.
ELEMENT/GLE	HE H.S.6.a.	<p>Evaluate personal health and health practices.</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.b.	<p>Design a personal health plan that addresses personal strengths, needed improvements, and risky behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.6.c.	<p>Monitor personal progress in achieving short-term and long-term personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
ELEMENT		Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk taking behaviors now and in the future.
ELEMENT/GLE	HE H.S.7.a.	<p>Demonstrate individual responsibility for improving personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ELEMENT/GLE	HE H.S.7.b.	<p>Choose a variety of healthy practices and behaviors that will maintain or improve health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND/TOPIC	GA.HE.	Health Education Performance Standards
STANDARD / DESCRIPTION	HE H.S.8.	Students will demonstrate the ability to advocate for personal, family, and community health.
ELEMENT		Description: The students will demonstrate the ability to advocate for personal, family, and community health by creating health enhancing messages and encourage others to adopt

		healthy behaviors. High school students will act as a health resource by communicating valid information about health issues. Students will demonstrate advocacy skills to encourage others to acquire health-enhancing behaviors.
ELEMENT/GLE	HE H.S.8.b.	Model how to influence and support others to make positive health choices. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	HE H.S.8.c.	Coordinate with others to advocate for improving personal, family, and community health. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	HE H.S.8.d.	Create health messages and communication techniques to target specific audiences. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.1.	Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
ELEMENT	PE H.S.	Students in grades 9-12 will demonstrate the ability to participate in a variety of invasion, net/wall, field, target, individual, outdoor, fitness activities, rhythms, and dance. Students will demonstrate competence in at least one activity from two of three following categories: Category 1: invasion, net/wall, or field games; Category 2: target, dance/rhythm, or outdoor activities; Category 3: fitness or individual activity.
ELEMENT/GLE	PE H.S.1.2.	Performs skills, which at a level of competency, contributes to health related fitness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.4.	Achieves and maintains a health-enhancing level of physical fitness.
ELEMENT	PE H.S.4.	Students will assume individual responsibility in their personal behaviors. Students will understand and develop higher levels of basic fitness and physical competence needed in a variety of activities for school and non-school settings, including, home, workplace, and community. To maintain a healthy lifestyle, the student will demonstrate the ability to assess,

		evaluate, implement, and adjust a personal fitness plan that includes proper nutrition and a disease awareness that reflects ever-changing individual needs throughout life.
ELEMENT/GLE	PE H.S.4.1.	Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation
ELEMENT/GLE	PE H.S.4.2.	Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
ELEMENT/GLE	PE H.S.4.6.	Develops fitness goals that are gender, age, and skill appropriate. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
ELEMENT	PE H.S.5.	Students exhibit responsible personal and social behavior that respects self and others in physical activity settings, while understanding the role of sport and physical activity in a diverse society. Students are able to discern potentially hazardous situations.
ELEMENT/GLE	PE H.S.5.3.	Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND/TOPIC	GA.PE.	Physical Education Performance Standards
STANDARD / DESCRIPTION	PE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
ELEMENT	PE H.S.6.	High school students enjoy using movement as an expression of their personality. They strive to improve and refine their skills through practice and participation in their selected activities. They experience feelings of satisfaction when they improve their level of performance and meet personal goals. As a result, students will begin to actively pursue lifelong physical activities that meet their own needs.

ELEMENT/GLE	PE H.S.6.2.	Participates in activities designed to improve skills for personal challenge, enjoyment, and expression. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
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